

## Junior Horse Masters - Beginning

Designed for the beginner child. Each child will be assigned to one specific pony. This allows the student to have more hands-on experience with their individual pony. Equestrian skill levels will be assessed to determine which level of training is required. Designed to be on-going and to help students develop equestrian skills and knowledge progressively. As a prerequisite, 8 year old students must have completed all of the JHA I, II & III programs. No equestrian experience required for 9-12 year olds. Total class time is 4 hours.

Instr: Staff. Loc: Farrel-McWhirter Park Barn. Fee: \$79R/\$85N.

Class#	Age	Time	Days	Date
14486	8-12 yrs	1-3pm	Saturday	Sep 4-11
14487	8-12 yrs	4:10-5:10pm	Tue, Thu	Oct 19-28
14488	8-12 yrs	2-4pm	Sunday	Nov 7-14

## Junior Horse Masters - Intermediate

Designed for the intermediate child who is 8 to 12 years old. Each child will be assigned to one specific pony. This allows the student to have more hands-on experience with their individual pony. Equestrian skill levels will be assessed to determine which level of training is required. Designed to be on-going and to help students develop equestrian skills and knowledge progressively. Total class time is 4 hours. Prerequisite: Junior Horse Masters Beginning

Instr: Staff. Loc: Farrel-McWhirter Park Barn. Fee: \$79R/\$85N.

Class#	Age	Time	Days	Date
14489	8-12 yrs	10am-12pm	Saturday	Sep 4-11
14490	8-12 yrs	4:10-5:10pm	Friday	Oct 1-22
14491	8-12 yrs	10am-12pm	Saturday	Nov 6-13



## JHM Trail Ride

This program is designed to honor those students who have completed Junior Horse Masters/Beginning. Each participant works with their own assigned pony for the entire class. The trail ride through the forest at Farrel-McWhirter is a unique and invigorating experience. Sign up for any or all! Prerequisite: Junior Horse Masters -Beginning.

Instr: Staff. Loc: Farrel-McWhirter Park Barn. Fee: \$24R/\$27N.

Class#	Age	Time	Days	Date
14494	8-12 yrs	4:10-5:10pm	Thursday	Sep 2
14495	8-12 yrs	4:10-5:10pm	Wednesday	Sep 29
14496	8-12 yrs	9:30-10:30am	Saturday	Oct 9
14497	8-12 yrs	4:10-5:10pm	Monday	Oct 25
14498	8-12 yrs	4:10-5:10pm	Friday	Oct 29
14499	8-12 yrs	12:30-1:30pm	Saturday	Nov 27

## Farrel-McWhirter Park Pony Club

***Too old for pony class? Too young to get a horsey job; but looking for something in-between? The Pony Club at Farrel-McWhirter Park is a more than suitable solution!***

The Pony Club will be celebrating eleven successful years with 30+ active members. These helpful volunteers assist pony instructors in teaching programs, leading ponies, and working with young equestrians who participate in the Farrel-McWhirter Park Pony Program. If active, volunteers have the opportunity to visit places such as Emerald Downs, breeding farms, go to rodeos, on camp outs, ice skating, etc. The off-site events are decided upon at monthly meetings run by Pony Club officers and members, with assistance from program leaders.

Get hands-on experience with ponies and farm animals, work with other adults and children, as well as earn riding lessons, and trainings. The age of applicants is 12 years old and up, with or without previous experience with horses. Applicants 10+ years with horse knowledge will be considered. The Pony Club dues of \$15 covers T-shirts and events. Scholarships are available. Call the Recreation Office at 425-556-2300 x3 for an information packet and application.

*The Old Fire House Teen Center, located right in the heart of downtown Redmond, provides progressive and innovative recreational, educational and personal support programs and services for Redmond youth aged 13-19. We provide a safe, positive place where teens can form relationships with both peers and adults, and have fun doing constructive activities that promote confidence and a sense of community.*



## Drop-in!

The Old Fire House's drop-in programs are free and open to people aged 13-19. We offer free activities and workshops every day that we're open, and Wednesdays we host a free dinner at 6pm. You can also just come hang out with your friends, shoot pool, use the basketball hoops, skate, make art, play video games, and socialize. Drop-in is open Wednesdays and Thursdays 3-9 and Saturdays 3-11. For a calendar of activities, call 425-556-2372.

## Rent the Fire House!

This funky, teen-friendly space is open for rentals. It's big, it's affordable, and it's fun. For rates and availability, call 425-556-2372.

The Old Fire House Teen Center  
16510 NE 79th St.  
Redmond WA 98052  
425-556-2370

<http://www.redmond.gov/insidecityhall/parksrec/teens/teens.asp>

TEEN  
CENTER

## Hey teen musicians!



Come to Band Pool on the second Wednesday of every month at 4pm. Band pool provides young Eastside musicians with the resources to network with their peers and find new opportunities to play their music.

## Concerts!

Every Friday night the teen center is turned into a live music venue featuring local and national bands for around \$6. Come check it out.



## Record your band!

The Old Fire House Media Lab offers a state-of-the-art recording studio at affordable prices. For rates and availability, call 425-556-2371.

## 2004 WRPA Spotlight Facility & Parks Award of Merit

The Old Fire House Teen Center recently received an Award of Merit from the Washington Recreation and Parks Association. Established in 1947, the Washington Recreation and Park Association is a nonprofit professional and public interest organization dedicated to enhancing and promoting parks, recreation, arts and leisure pursuits in Washington State. The award honors the Old Fire House's recent facility improvements and additions which have allowed for inclusive access, improved function, expanded programming and educational opportunities for Redmond area teens. If you haven't come to check out the new and improved facilities, now is the time!

**Great resources!** Eva is our YES (Youth Eastside Services) Counselor at the Old Fire House Teen Center, and is available to help youth cope with everything life may throw their way. Office hours are Wednesdays and Thursdays from 4-9 p.m. and on Saturdays by appointment.



Eva

## Teen Trips & Tours

### Skate Crew



Skaters of all ability levels can improve their skills at a variety of area skate parks. Climb in the van and come see all the skate spots this region has to offer. This class will provide workshops on everything from dropping in for the first time to skating handrails.

Instr: Staff. Loc: Old Fire House Teen Center Show Room. Fee: \$75R/\$90N.

Class#	Age	Time	Days	Date
14635	13-19 yrs	3-6:30pm	Thursday	Oct 7-Nov 11

## Arts & Crafts

### Art 101 Visual Art for Teens

This class aims to please your inner artist. If you are interested in art and want to refine your skills, or if you simply want to dip your feet in the water and explore a variety of art techniques, then this class will suit you perfectly. The instructor is an established artist who can help guide you through activities such as portfolio-building, drawing, painting, stretching a canvas, screen printing, and a field trip to Seattle to check out some local galleries and college art programs. The class is a survey of art practices and will introduce you to a range of media. A supply list will be provided the first day of class (most supplies are included). There is no fluff here...just good old fashioned art-making fun.

Instr: Staff. Loc: Old Fire House Teen Center Class Room. Fee: \$50R/\$60N.

Class#	Age	Time	Days	Date
14602	13-19 yrs	3-5pm	Thursday	Oct 7-Nov 18



### Teen Photography-Special Projects

Alice Wheeler is a respected local photographer whose work has been seen in numerous museums, galleries, and publications from Time magazine to the Seattle Weekly. Alice will lead photographers through black and white processes, special projects and darkroom techniques. This is the perfect opportunity to have fun in the darkroom or to make a stellar senior project! Bring your own 35mm SLR camera and film & paper (a supply list will be sent to all registrants).

Instr: Alice Wheeler. Loc: Old Fire House Teen Center Photo Lab - Dark Room. Fee: \$130R/\$156N.

Class#	Age	Time	Days	Date
14188	13-19 yrs	2:30-5pm	Saturday	Oct 2-Nov 20
14189	13-19 yrs	5-7:30pm	Saturday	Oct 2-Nov 20

## Teen Center Media Lab

**The Old Fire House Teen Center offers classes, audio, and video production, and recording sessions in our state-of-the-art Media Lab.**

### Film From Scratch

Ever wonder what it would be like to document a moment in time, a movement, or a pack of wild animals? This class will teach how. Learn the art of Documentary Film Making, and create one hands-on. Learn to use our DV camera, and basic editing, using final cut pro software. This course is a must for anyone interested in learning how to make their own film.

Instr: Jonathan Baab. Loc: Old Fire House Teen Center Music Media Lab. Fee: \$127R/\$152N.

Class#	Age	Time	Days	Date
14100	13+ yrs	5-7pm	Thursday	Sep 30-Nov 18



### Hands-On Recording

Let's Record a Real Live Rock and Roll band!! This class will walk you through the recording process from beginning to end. You will learn proper microphone placement, recording using pro-tools, and basic mixing procedures. This course is well-rounded for beginners who want to learn a little bit about everything that is involved with recording and producing a CD.

Instr: Jeffery McNulty. Loc: Old Fire House Teen Center Music Media Lab. Fee: \$75R/\$90N.

Class#	Age	Time	Days	Date
14099	13+ yrs	7-9pm	Thursday	Oct 7-Nov 4



## Teen / Adult

### *Did you know that some 50+ Programs are open to younger folks too?*

The Redmond Senior Center offers many classes that are open to individuals who are 18 years of age and older. Complete descriptions for the following mixed-age classes can be found in the 50+ Programs section.

Look for:

Ballroom Dance  
Bunka Embroidery  
Driftwood Sculpture  
Hatha Yoga  
Line Dancing  
NIA Movement  
Painting with Watercolors  
T'ai Chi Chuan  
Westcoast Tappers, Beginning & Intermediate  
Wire Jewelry

Call the RSC for more information, 425 556-2314.

### **Redmond Youth Partnership Advisory Committee**

Do you want to make a difference? RYPAC is a new and exciting program designed to give teens a chance to be heard and make changes for youth in the City of Redmond. RYPAC creates, implements, and supports projects that are within three areas of interest for youth: Youth Voice, Recreational Activities, and Youth Service to the Community. The great thing about this group is the committee decides where to focus their energy! We are looking for 10-15 teens and a few adults to represent the Redmond community. We will meet one evening a month from 6-8pm at the Old Redmond School House Community Center. If you have questions call 556-2300 and talk to Ken or Katie.

#### **What is the application process?**

It's as easy as 1, 2, 3!

1. Call Ken at 556-2300 for an Application, fill it out, and send in the completed application to him.
2. Your application will be given to the review committee.
3. You will receive an email or phone call regarding the following:
  - a. Current available positions (many positions are still open)
  - b. Opportunities available through sub-committees
  - c. Interview information you may need if positions are open

## CHANGES: Parent Support Group

*CHANGES is a parent support group for parents who have at-risk kids that are usually between the ages of 15 – 25. The website address is [www.cpsn.org](http://www.cpsn.org). There are five chapters in the Puget Sound area, and the Eastside group meets Tuesday evening, from 7pm-9pm, in the Old Redmond Schoolhouse Community Center.*

### *Changes Community Workshop Series*

#### **Education Options: When Public School does not work**

Is your child failing public school? Is he or she failing a class or many classes? Has your child been suspended or expelled? Is your child truant and you don't know what else to do? A panel of experts from Lake Washington School District and EA2 will present information on: home schooling, internet based learning, tutor programs in the Greater Seattle area, private school options, residential schools, and other options. No registration required.

Loc: Old Redmond Schoolhouse Community Center Room 104. Fee: FREE.

Time	Days	Date
9:30am-12pm	Saturday	Sept 11

#### **Seeing Your Child Through Their Eyes**

Does a child you know have ADHD, anxiety, Asperger's Syndrome, Depression, Bipolar Disorder, Obsessive-Compulsive Disorder, Oppositional Defiant Disorder, Sensory Integration Disorder, or Tourette's Syndrome? This workshop is for parents, friends or family and helps you learn more about the different disorders, and puts you in the child's world to understand the world from their shoes. You will get tips on how to best help and guide your child as well as resources that are available. No registration required. Loc: Old Redmond Schoolhouse Community Center Room 104. Fee: FREE.

Time	Days	Date
9:30am-12pm	Saturday	Oct 9

#### **Your Teen and Mental Health Issues**

Topics will address self-destructive behaviors such as eating disorders, suicide, drug/alcohol abuse and other issues. Learn how to identify warning signs for early intervention and where you can get help. No registration required.

Loc: Old Redmond Schoolhouse Community Center Room 104. Fee: FREE.

Time	Days	Date
9:30am-12pm	Saturday	Nov 13

## Dance - Adult

### Adult Dance - Fusion

This class is designed for those who took dance when they were younger and miss it. The class focuses on movement, ballet, and jazz dance, while having fun in a supportive environment. Class format is a no-barre warm-up including stretching, isolations, and technique work across the floor and a final dance combination - all to pop/trance/eclectic music. Try out a class and continue with ongoing classes.

Instr: Terrel Lefferts. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$42R/\$50

Class#	Age	Time	Days	Date
14447	18+ yrs	10-11:15am	Saturday	Sep 11-Oct 23
14448	18+ yrs	10-11:15am	Saturday	Oct 30-Dec 18



### Ballet for Advanced Students

For continuing students with experience in the basics of ballet technique. Class includes warm-up, floor and barre exercises, stretches and dance routines.

Instr: Thea Huijgen. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$156R/\$187N.

Class#	Age	Time	Days	Date
14637	15+ yrs	7:15-8:45pm	Tuesday	Sep 21-Dec 14

### Gentle Dance

This class will relax and refresh. Floor work, including isolations and stretching, make up the majority of the class, with a few center and across-the-floor sequences. Class focuses on stretching, movement, ballet/jazz/modern dance, and having fun in a supportive environment. Test out this short session then continue with ongoing classes.

Instr: Terrel Lefferts. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$35R/\$42N.

Class#	Age	Time	Days	Date
14449	18+ yrs	10-11am	Monday	Sep 27-Nov 1
14450	18+ yrs	10-11am	Monday	Nov 8-Dec 13

### Hip-Hop I

Bring your 'Attitude' and Let's Get Funky! Some stretching and conditioning with emphasis on learning simple but energetic dance combinations. The instructor is careful to avoid the negative aspects of the hip-hop culture. No class Nov 22.

Instr: Melanie Williams. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$96R/\$115N.

Class#	Age	Time	Days	Date
14639	13+ yrs	6:15-7:15pm	Monday	Sep 13-Dec 6

### Hip-Hop 2

Be ready to 'Bring It!' Continuing class and some experience is required. Stretching and conditioning with emphasis on learning challenging, energetic dance combinations. No class Nov 22.

Instr: Melanie Williams. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$96R/\$115N.

Class#	Age	Time	Days	Date
14640	13+ yrs	7:30-8:30pm	Monday	Sep 13-Dec 6

### Tap- Lunchtime

Continuing class, for students with previous tap experience. Join this low stress, high energy class to learn new steps and combinations while enjoying the benefits of this fun way to exercise.

Warm up and cool down included. Tap shoes required. No class Nov 25.

Instr: Thea Huijgen. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$120R/\$144N.

Class#	Age	Time	Days	Date
14638	15+ yrs	12-1pm	Thursday	Sep 16-Dec 16



See page 38 for map.

Fee Waivers are

available. Call the

Recreation office at 425-556-2300 for application and details. Please write a separate check for each class if registering by mail. Thank you.

**FEE**

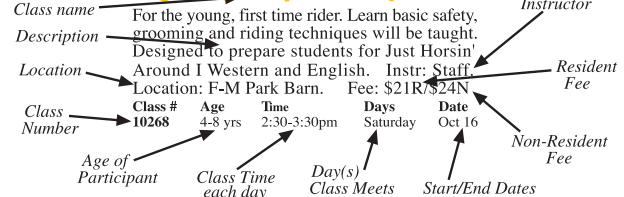
**CODE:**

**R** = Redmond City Resident

**N** = Non-Resident

### How to Read Class Info

#### Beginning Pony Workshop



**For Mom and Daughter Ballet/Jazz, ages 8+, see page 15.**

## Hobbies & Interests

### Preparing Your Home For Sale

Learn how to Stage your home to sell quickly! Home Staging is all about preparing your home to present it in the best possible light to prospective buyers. Learn tips and techniques to help you prepare your home, both inside and out. Discuss what creates the biggest visual impact and the best return on your investment of time and money in preparing your home for sale.

Instr: Wendy Woodside. Loc: Old Redmond Schoolhouse Community Center Room 103. Fee: \$15R/\$18N.

Class#	Age	Time	Days	Date
14355	18+ yrs	10am-12pm	Saturday	Oct 2



## Fitness

### Ab Lab

Don't forget your abdominal region! In Ab Lab we focus on strengthening and toning the abdominal and lower back muscles. Along with looking great you can obtain improved posture and balance. If you cannot sign up for the entire class, a 10 visit pass for \$40 is available or a drop-in fee of \$5.00 may be paid each night at the door. Don't miss out on the Body Sculpting just before Ab Lab! SIGN UP FAST - SPACE IS LIMITED! No class Sept 6.

Instr: Staff. Loc: Old Redmond Schoolhouse Community Center Room 104. Fee: \$64R/\$77N.

Class#	Age	Time	Days	Date
14630	13+ yrs	7:50-8:20pm	Mon, Wed	Sep 1-Dec 15

### Body Sculpting

Increase strength, flexibility, and tone muscle! This class consists of a warm-up and light stretch, then we pump it up with 5-8 minutes cardio intervals and free weight segments, finishing off with a cool down and stretch. Not only are we working to increase and sculpt the muscles with the free weights, but by adding intervals of cardio we also increase the fat burning abilities of the body. Instructor is ACE certified. No class Sept 6.

Instr: Becky Beckelman. Loc: Old Redmond Schoolhouse Community Center Room 104. Fee: \$128R/\$154N.

Class#	Age	Time	Days	Date
14628	13+ yrs	6:45-7:45pm	Mon, Wed	Sep 1-Dec 15

### Jazzercise

Jazzercise, created by Judi Sheppard Missett, is the world's leading dance fitness program! Each 60-minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics.

At Jazzercise, we combine a great cardiovascular workout with resistance training and stretching that will increase your muscle tone, flexibility, balance, strength, and endurance using easy-to-follow movements.

Registration is ongoing - start any time. Classes are often a mixture of new and long-time customers. To make the workout effective for all fitness levels, low impact options are shown throughout the class. Wear loose, comfortable clothing and good, rubber-soled aerobic shoes. Bring a towel or exercise mat for the floor work. New students are welcome to try their first class free. Childcare will be available for \$1.50 per child in the 9:30am classes only.

Instr: Karmen Harris, Liz Martz, and Cutzi Jobes.

Phone: 425-898-1561 Jazzercise Registration and Class Information Loc:

Old Redmond Community Center Gym --MORNING

Old Redmond Community Center Auditorium nEVENING & SAT-URDAY

FEE: EFT\* \$36/mo - 8 week pass \$85.

AGE	TIME	DAYS	DATE
13+	8:00am	M/W/F	Ongoing
13+	9:30am	M/T/W/Th/F	Ongoing
13+	5:30pm	M/T/Th	Ongoing
13+	8:30am	Saturday	Ongoing

\*EFT = Electronic Funds Transfer. Monthly withdrawal from Checking, Visa, MasterCard or Discover. Initial startup by cash/check only.

**jazzercise**  
It shows.



## Martial Arts

### Tai Chi

This class focuses on the health of the whole person with a series of relaxed breathing and strengthening exercises. During the class we practice a pattern slowly, with emphasis on healthy joints and movement, with a strong, relaxed body & mind. Tai Chi is practiced for strengthening and stretching the body, increasing energy (chi) flow, and calming the mind. We welcome people of all levels and physical abilities, ages 12 and older, in these classes. We practice Yang style forms and the Korean Kwon Bup form.

Instr: Trained Staff Enso Center. Loc: ENSO Center 8410 165 Ave NE, Redmond. Fee: \$35R/\$42N.

Class#	Age	Time	Days	Date
14586	12+ yrs	6:45-8pm	Tuesday	Sep 7-28
14587	12+ yrs	6:45-8pm	Tuesday	Oct 5-26
14588	12+ yrs	6:45-8pm	Tuesday	Nov 2-30
14589	12+ yrs	6:45-8pm	Tuesday	Dec 7-28

## Rafting

**Program information and driving instructions will be mailed prior to trip start date. Trip times include equipment fitting, instruction, lunch, and actual time on the water. Fee is per person.**

### Tieton Whitewater Rafting

Ride 16 miles of twisting, turning rapids through pine trees and towering cliffs. The Tieton River, located on the east side of White Pass along Highway 12, is a mere trickle of water during the summer months. However, in September, when Rimrock Lake is lowered, it roars with white water excitement! No prior experience necessary, but participants need to be in average physical condition and able to paddle as directed by the professional river guide. All equipment and a delicious picnic buffet lunch are provided. Neoprene wet suit available for an additional fee (Suit \$10, Booties \$5). Driving directions mailed prior to trip.

Instr: Wildwater River Tours. Fee: \$55R/\$66N.

Class#	Age	Time	Days	Date
14356	12+ yrs	9am-1pm	Sunday	Sep 26
14357	12+ yrs	1-5pm	Saturday	Oct 2

## Rock Climbing

### Women's Rock Climbing

An opportunity for women to learn the basics of rock climbing in a safe and non-threatening environment. Rope handling, knots, belaying and climbing technique will be covered in this introductory class. Includes all equipment and a two-week membership to all three Vertical World locations. Limited space available. Class held at Vertical World (15036 B-NE 95th Street, Redmond).

Instr: Vertical World Staff. Fee: \$45R/\$54N.

Class#	Age	Time	Days	Date
14325	16+ yrs	10:30-12:30pm	Sunday	Oct 10
14326	16+ yrs	10:30-12:30pm	Sunday	Nov 14

**Register Early!**  
**Classes fill quickly.**



## Kayaking

### Blake Island Full Day Tour

The spectacular Seattle skyline across the water, the serenity of green forest trails, and clean sandy beaches make this location a must-kayak spot! Native heritage and a variety of possible routes combine for a one-of-a-kind Washington sea kayaking experience. Program letter with directions mailed prior to trip.

Instr: Azimuth Expeditions.

Fee: \$90R/\$108N.

Class#	Age	Time	Days	Date
14421	13+ yrs	9am-4pm	Saturday	Oct 2

### Cutt's Island Half Day Tour

There's plenty to explore on this excellent tour to the quiet side of the Key Peninsula. The abundance of wildlife, including seals, birds, and sand dollars, combined with the protected paddling area ideally suited for the first-time kayaker, make this site an excellent choice for the beginning kayaker and for the enjoyment of the area. Meet at the Old Redmond Schoolhouse Community Center at 10:30am; transportation is provided.



Instr: Azimuth Expeditions.

Loc: ORSCC Parking Lot.

Fee: \$75R/\$90N.

Class#	Age	Time	Days	Date
14423	13+ yrs	11am-6pm	Saturday	Oct 16

### Introduction to Kayak Paddletrokes

Learn kayaking basics in the safety (and warmth!) of an indoor pool. After a classroom session from a certified instructor, students will travel to Juanita Pool to work on developing fundamental safety and balance skills, including how to enter and exit a kayak, self-rescue techniques, paddletrokes and bracing. All gear included. Meet at AquaSports (7907 159th Place NE, Redmond).

Instr: AquaSports. Fee: \$55R/\$66N.

Class#	Age	Time	Days	Date
14382	13+ yrs	7-10pm	Friday	Nov 5

### Introduction to Sea Kayaking

Get hooked on this perfectly Northwest way to enjoy our gorgeous waterways! In a 3-hour Friday evening classroom/pool session, followed by an all-day Saturday class on Puget Sound, you'll learn fundamentals of boat balance, basic paddle strokes and bracing techniques, wet exits, recovery and re-entry techniques. Tides, wind, currents and navigation also included. Boat/gear rental available for \$60 if you don't own one. Meet at AquaSports (7907 159th Place NE, Redmond).



Instr: AquaSports. Fee: \$175R/\$210N.

Class#	Age	Time	Days	Date
14372	13+ yrs	6:30-10:30pm 10am-5pm	Friday Saturday	Sep 24 & 25

### Introduction to Whitewater Kayaking

Experience the thrill of paddling the Great Northwest's rivers! We teach a step-by-step approach to respecting the river and learning to use its awesome power to have the time of your life. Class consists of two consecutive Friday-Sunday weekends: Friday evening pool sessions, Saturday and Sunday on the river. Learn basic paddle strokes, kayak roll, reading river features, and paddle skills up to Class II water. Aquasports rents boat/gear for \$120 (if you don't own). Meet at AquaSports, 7907 159th Pl NE, Redmond.

Instr: AquaSports. Fee: \$325R/\$390N.

Class#	Age	Time	Days	Date
14378	13+ yrs	6:30-10:30pm 10am-5pm	Fri Sat & Sun	Oct 8-17

### Kayak Roll Class

Whether you're an aspiring whitewater or flat-water paddler, learning how to right yourself when your boat turns over will give the confidence needed to become a solid boater. Begin with a classroom session, and then travel to Juanita Pool to practice the concepts with 90 minutes in the pool under the guidance of skilled instructors. All gear included. Meet at AquaSports (7907 159th Place NE, Redmond).



Instr: AquaSports. Fee: \$55R/\$66N.

Class#	Age	Time	Days	Date
14373	13+ yrs	7-10pm	Friday	Oct 1
14374	13+ yrs	7-10pm	Friday	Dec 3

### Ketron Island Full Moon Tour

A night that is lit up by a glowing full moon, where phosphorescence glitters on the tips of your paddle blades, is one of the most beautiful times to be out on the water. This charming island near Steilacoom maintains its separation from the bustle of the day-to-day, and comes alive in the light of the moon.

Instr: Azimuth Expeditions. A program letter with directions will be mailed prior to the trip. Fee: \$60R/\$72N.

Class#	Age	Time	Days	Date
14408	13+ yrs	7:30-11pm	Tuesday	Sep 28

### Sea Kayak Navigation

Increase your basic understanding of how to navigate in various locations and conditions, including map and chart reading, use of supportive equipment, calculating your speed of travel, plotting and following a course and much more! We'll spend Wednesday night in the classroom and then meet out on the water Saturday to apply what we've learned through step-by-step practical application with assistance from skilled instructors. Students are responsible to bring own boat and paddling gear for the day on the water; equipment available to rent for an additional fee. Meet at AquaSports (7907 159th Place NE, Redmond).

Instr: AquaSports. Fee: \$100R/\$120N.

Class#	Age	Time	Days	Date
14376	13+ yrs	6:30-9:30pm 10am-3pm	Wednesday Saturday	Sep 29 Oct 2

### San Juan Islands - Women Only

An opportunity to get away with the girls and work on your kayak skills in a relaxed and beautiful environment! Travel to Lopez Island and meet up with your guides from Outdoor Adventures, with whom you'll camp for three nights. On-the-water teaching sessions allow students to practice skills including in-the-water sea kayak rescue, paddling with the current, crossing eddy lines, and 'ferrying' across opposing currents. Course fee includes all kayak equipment, life jacket, camping equipment, plus all meals while camping. Students are responsible for appropriate paddling attire, sleeping bag, and their own transportation to Lopez Island. Program letter with directions will be mailed prior to class. Beginners welcome.

Instr: AquaSports Staff. Fee: \$380R/\$456N.

Class#	Age	Time	Days	Date
13645	12+ yrs	Leave 7pm Return 6pm	Thursday Sunday	Sep 9-12

## ADULT SPORTS LEAGUE INFORMATION

Come experience the Benefits of Recreation while participating in one of our Adult Sport Leagues. Get a group of friends or co-workers together for some recreational sports action! For more information please contact the Recreation Office at 425-556-2300.

### 2004 FALL

Men's Fall Softball League

Coed Fall Sunday Softball

Men's Fall Basketball League

Fall Soccer Leagues

(Men's, Women's, and Coed)

Coed Self Officiated Volleyball League

Women's Basketball

### Registration Dates

7/20 - 8/19

7/20 - 8/19

8/3 - 8/26

8/3 - 8/26

8/3 - 8/26

8/3 - 8/26

### League Play

Sep-October

Sep-October

Sep-November

Sep-December

Sep-December

Sep-December



### 2004-05 WINTER

Men's Winter Basketball League

Women's Winter Basketball League

Coed Winter Volleyball League

Winter Soccer Leagues

(Men's, Women's, and Coed)

### Registration Dates

10/19 - 11/18

11/9 - 12/9

11/9 - 12/9

11/9 - 12/9

### League Play

December-February

January-March

January-March

January-March



### 2005 SPRING

Men's Spring Basketball

'Tune-Up' Season Softball Leagues

(Men's Weeknight and Coed Sunday)

Women's Basketball League

Coed Spring Volleyball (Officiated)

Spring Soccer Leagues

(Men's, Women's, and Coed)

Spring Softball Leagues

(Men's, Women's, and Coed)

### Registration Dates

1/11 - 2/10

1/11 - 2/10

2/8 - 3/10

2/8 - 3/10

2/8 - 3/10

2/8 - 3/10

### League Play

March-June

Late April-June/July

April-June

April-June

March-June

Late April-June/July

- For additional information or to be placed on a mailing list, please contact the recreation office at 425-556-2300.
- Registrations are accepted for teams only
- Players looking to be placed onto a team may call the Recreation Office to be placed on an interested players list
- Most leagues are broken into competitive and recreational divisions
- Contact the Recreation Office for additional information at 425-556-2300 ext. 3

## OPEN GYM VOLLEYBALL

Day	Age	Time	Location	Dates
Fridays	13+ years	6-9pm	ORSCC Gym	9/10-12/17 (Closed 11/26,12/24,12/31)

**Open Gym Fee:** \$3 per person at the door. No pre-registration required. Individuals and teams welcome. Showers are not available. An adult must supervise children under the age of 10 years.



## Volleyball Spares & Pairs

Looking to play in a coed volleyball league, but can't put a team together? Then register as an individual or with a friend for Spares and Pairs Volleyball. Meet new people and improve your playing skills while enjoying volleyball in a more informal atmosphere.

Instr: Staff. Loc: Rose Hill Junior High Gym. Fee: \$36R/\$43N.

Class#	Age	Time	Days	Date
14224	18+ yrs	6:30-9pm	Tuesday	Sep 21-Dec 7

## Redwood Adult Golf - Beginner

Learn the basic golf stance, swing motions, rules, and etiquette. By the end of these lessons students will be ready for golf on the course. Bring your own clubs or try our demo clubs. Location is 13029 Redmond-Woodinville Rd NE, Redmond.

Instr: Trained Staff Redwood Golf Center. Loc: Redwood Golf Center Driving Range. Fee: \$95R/\$114N.

Class#	Age	Time	Days	Date
14283	18+ yrs	12-1pm	Saturday	Sep 4-25
14284	18+ yrs	7-8pm	Wednesday	Sep 1-22
14285	18+ yrs	12-1pm	Saturday	Oct 2-23
14286	18+ yrs	7-8pm	Wednesday	Oct 6-27
14287	18+ yrs	12-1pm	Saturday	Nov 6-27
14288	18+ yrs	7-8pm	Wednesday	Nov 3-24





## Iyengar Yoga

*Iyengar Yoga is a form of Hatha or physical yoga. This style of yoga develops strength, flexibility, and endurance. It is excellent for stress release and bringing a feeling of well-being into your life. Our class series teach the foundation of the basic poses: sitting, standing, twists, inversions, back and forward bends ñ concentrating on proper alignment and safety. You will learn how to use props, how to follow directions, and how to get in touch with your body and your breath. The series format allows you to progress at your own speed and at the same level as your fellow students. A camaraderie and sense of community add to the enjoyment of your practice. Instructors are affiliated with joniwellness.com. Please visit for additional information, yoga photos, current calendar, and more.*

Instructor Contacts	E-mail	Phone
Susan Thomas	susan@joniwellness.com	206-851-9393
Misty Evans	misty@joniwellness.com	425-761-8974
Allison Whiteley	Allison@joniwellness.com	425-438-9522

New students are invited to visit classes at no charge the first week of each new session. You may participate or just observe. Decide which class is for you and register at a pro-rated cost for the rest of the series. Please, new students only.

Current students are encouraged to tell friends about the free open class weeks, and to bring interested friends to Restorative classes. Any current student who refers a new student to a series will receive a thank you gift.

**Make-ups:** Students are encouraged to make up missed classes. They may be made up in an appropriate level class any time during the current session. In lieu of making up the class yourself, bring a friend to your class or accompany them to a lower level (Intro) class. Drops-Ins are welcome with instructor's permission. Fee is \$12R/\$15NR.

### Iyengar Yoga Introductory

Learn to be more comfortable in your body with this introductory class. Receive the benefits of postural improvement, strength, flexibility, stress reduction, and general enhancement of quality of life. This class is a prerequisite for Level 1. No prior experience necessary. Yoga sticky mat & yoga belt required (may be purchased on 1st day of class from instructor or bring your own).

Loc: Anderson Park Adair House. Fee: \$84R/\$100N.

Class#	Age	Time	Days	Date
Instr: Allison Whiteley				
14566	13+ yrs	5:45-7:15pm	Monday	Sep 13-Oct 25
14568	13+ yrs	5:45-7:15pm	Monday	Nov 1-Dec 13
Instr: Susan Thomas				
14567	13+ yrs	7:30-9pm	Tuesday	Sep 14-Oct 26
14569	13+ yrs	7:30-9pm	Tuesday	Nov 2-Dec 14

### Iyengar Yoga Level 1

Ongoing Iyengar Yoga with focus on standing poses, basic principles of alignment and breath, and inversions are introduced. Prerequisite: at least one completed series of Introductory Iyengar Yoga or permission of Instructor. Props required: mat, belt, shoulder stand pads. (May be purchased on first day of class from instructor) No class Nov 27.

Loc: Anderson Park Adair House. Fee: \$84R/\$100N.

Class#	Age	Time	Days	Date
Instr: Susan Thomas				
14572	13+ yrs	5:45-7:15pm	Tuesday	Sep 14-Oct 26
14574	13+ yrs	5:45-7:15pm	Tuesday	Nov 2-Dec 14
Instr: Misty Evans				
14573	13+ yrs	9-10:30am	Saturday	Sep 11-Oct 23
14575	13+ yrs	9-10:30am	Saturday	Oct 30-Dec 18

### Iyengar Yoga Level 1-2

Level 1 class with some additional challenges for more experienced students. Prerequisite: same as Level 1.

Instr: Allison Whiteley. Loc: Anderson Park Adair House. Fee: \$84R/\$100N.

Class#	Age	Time	Days	Date
14570	13+ yrs	7:30-9pm	Monday	Sep 13-Oct 25
14571	13+ yrs	7:30-9pm	Monday	Nov 1-Dec 13

### Pre-Natal Yoga

Yoga is about union, union within yourself, harmony between you and all that is within your world, union between you and your baby. This class will help you create a space that your baby feels welcome to enter and will provide you with poses to help you adjust to your changing body. Props needed: Yoga sticky mat and yoga belt required (may be purchased from instructor 1st day of class or bring your own) and 2 pillows. Individual class drop-ins welcome! Please contact instructor for details.

Instr: Misty Evans. Loc: Anderson Park Adair House. Fee: \$84R/\$100N.

Class#	Age	Time	Days	Date
14576	13+ yrs	5:45-7:15pm	Wednesday	Sep 15-Oct 27
14577	13+ yrs	5:45-7:15pm	Wednesday	Nov 3-Dec 15



## Viniyoga

Viniyoga focuses on the individual by adapting to individual needs. It is not about having the perfect pose or putting yourself into pretzel poses. It emphasizes linking the breath to the movement. It is through this dynamic movement that changes in the body occur. Practicing yoga increases flexibility, strength, energy, and vitality and promotes stillness of the mind. Bring yoga mat and blanket to class.

Instr: Kathryn Fischer. Loc: Anderson Park Fullard House. Fee: \$50R/\$60N.

Class#	Age	Time	Days	Date
14590	18+ yrs	5:45-7pm	Tuesday	Sep 7-Oct 5
14591	18+ yrs	5:45-7pm	Tuesday	Oct 12-Nov 9
14592	18+ yrs	5:45-7pm	Tuesday	Nov 16-Dec 14

425-556-2300

### Viniyoga at the Senior Center

Ideally suited to older adults, Viniyoga emphasizes linking breath and movement, while adapting to each individual's needs and abilities. With minimal risk to joints, and a focus on the therapeutic effects, practicing yoga increases flexibility, strength, energy, and vitality as well as promoting stillness of the mind. Viniyoga is an enjoyable and relaxing experience with no 'pretzel poses.' Bring a yoga mat and blanket to class; and it is best if your stomach is empty. Instr: Kathryn Fischer. Loc: Senior Center Room 111. Fee: \$40S/\$40R/\$48N.

Class#	Age	Time	Days	Date
14186	18+ yrs	6-7:15pm	Thursday	Sep 9-Sep 30
14187	18+ yrs	6-7:15pm	Thursday	Oct 7-Oct 28